## WHAT IS CLAIMED IS:

- 1. A cooking vessel comprising:
- a base having an interior surface including lower portion configured to provide a main cooking surface; and

an angled handle providing a pistol-type gripping portion and gripping surface.

- 2. The cooking vessel of claim 1, wherein the handle is detachable and exchangeable with a second handle.
- 3. The cooking vessel of claim 1, wherein the gripping portion of handle has an axis extending at an angle with respect to a horizontal surface on the vessel.
- 4. The cooking vessel of claim 2, wherein the angle between the gripping portion and the horizontal surface is between about 30 degrees and 60 degrees.
- 5. The cooking vessel of claim 4, wherein the vessel is in the form of a wok.
- 6. The cooking vessel of claim 2, wherein the handle is exchangeable with a casserole-style handle.
- 7. The cooking vessel of claim 1, wherein the interior surface of the cooking vessel includes textured food retention surface located above the main cooking surface.
- 8. The cooking vessel of claim 7, wherein the food retention surface includes elongate recesses or grooves annularly located about the center of the vessel.
- 9. The cooking vessel of claim 7, wherein the food retention surface includes a pattern of elongate grooves aligned radially from the center of the interior of the vessel.
- 10. The cooking vessel of claim 7, wherein the textured surface includes dimples.
- 11. The cooking vessel of claim 7, wherein the textured surface has a higher coefficient of friction than the main cooking surface, the textured surface disposed above the main cooking surface.

- 12. The apparatus of claim 2, further comprising a handle attachment member on the cooking vessel, a handle grip member associated with the handle, an interior handle lock, and a handle release device.
- 13. The apparatus of claim 12, wherein the handle attachment member includes a pivotal connection
- 14. The apparatus of claim 13, wherein the grip device is constructed and arranged for pivotal movement between a disengaged or unlocked position, and an engaged or locked position.
  - 15. A cooking vessel comprising:
- a base having an interior surface including lower portion configured to provide a main cooking surface; and
- an upper portion on the interior surface, the upper portion being textured differently than the main cooking surface to retain food above the main cooking surface.
- 16. The cooking vessel of claim 15, wherein the food retention surface includes elongate recesses or grooves annularly located about the center of the vessel.
- 17. The cooking vessel of claim 15, wherein the food retention surface includes a pattern of elongate grooves aligned radially from the center of the interior of the vessel.
- 18. The cooking vessel of claim 15, wherein the textured surface includes dimples.
- 19. The cooking vessel of claim 15, wherein the textured surface has a higher coefficient of friction than the main cooking surface, the textured surface disposed above the main cooking surface.
- 20. The cooking vessel of claim 15, wherein the main cooking surface extends in a substantially horizontal direction, and the vessel further includes a handle having a gripping portion providing an axis that extends at an able with respect to the horizontal axis.

- 21. The cooking vessel of claim 20, wherein the angle between the axis of the handle and the horizontal surface is between about 30 degrees and 60 degrees.
  - 22. A cooking vessel comprising:

a base portion;

at least two interchangeable handles, both of which are attachable to the cooking vessel, and one of which handles is an elongate, angled gripping handle used while cooking in the cooking vessel, for shaking and flipping food ingredients in the cooking vessel while cooking, and the other handle is a serving handle that does not extend from the cooking vessel as far as the cooking handle and is used to facilitate serving of the cooked dish or carrying the cooking vessel before or after cooking, whereby the cooking handle and the serving handle are attachable and detachable from the same portion of the cooking vessel.

- 23. The cooking vessel of claim 22, further comprising a predetermined attachment point at which the detachable handles can be attached and detached.
- 24. The cooking vessel of claim 23 further comprising, a permanent handle that is appropriate to facilitate serving with the serving handle, and is preferably situated opposite the attachment point for the detachable handles.
  - 25. A wok comprising:

a substantially bowl-shaped base having an interior surface including lower portion configured to provide a main cooking surface;

a handle having gripping portion having an axis and gripping surface, the gripping portion extending at an angle with respect to a horizontal surface of the base to provide a pistol style gripping portion; and

an upper portion on an interior surface of the wok having a textured surface configured to retain food above the main cooking surface.

26. A method of cooking in a cooking vessel comprising:

heating food on a main cooking surface of the cooking vessel located in a lower base portion of the vessel;

retaining a portion of the food on a textured surface that is different from and located above the main cooking surface.

27. A method of cooking in a cooking vessel including a handle comprising:

heating food in the cooking vessel;

gripping a handle mounted to the cooking vessel, the handle being angled with respect to a horizontal surface of the cooking vessel and providing a pistol style gripping portion; and

moving the food in the cooking vessel by moving the cooking vessel by gripping the pistol style handle.

- 28. The method of claim 27, comprising replacing the angled handle with a casserole style handle.
- 29. The method of claim 28, further comprising cooking food on a main cooking surface located on a lower portion of a main bowl-shaped base and retaining at least a portion of the food on a textured surface located above the main cooking surface.
- 30. The method of claim 29, wherein the textured surface prevents foods from slipping to the main cooking surface.
- 31. The method of claim 30, further comprising placing a lid on the vessel, the lid including an audible notification device to alert a user of internal pressure or temperature in the cooking vessel.

- 32. The method of claim 31, wherein the audible notification device includes a whistle.
- 33. The method of claim 32, wherein the whistle is integrated with a handle formed on the lid.
  - 34. A method of cooking comprising:

placing an elongate cooking handle on a cooking vessel opposite to a permanent handle;

cooking food ingredients on a main cooking surface; retaining ingredients on a upper annular surface above the main cooking surface; and

detaching the elongate cooking handle, attaching a serving handle opposite the permanent handle.

- 35. The method of claim 34, wherein the permanent handle and the serving handle are substantially similar.
- 36. The method of claim 34, wherein the upper surface is textured and is different from the main cooking surface to prevent food on the upper surface from slipping onto the main cooking surface.
  - 37. A cooking vessel comprising:

a base portion;

at least two interchangeable handles, both of which are attachable to the cooking vessel, and one of which handles is an elongate, gripping handle used while cooking in the cooking vessel, for shaking and flipping food ingredients in the cooking vessel while cooking, and the other handle is a serving handle that does not extend from the cooking vessel as far as the cooking handle and is used to facilitate serving of the cooked dish or carrying the cooking vessel before or after cooking, whereby the cooking handle and the serving handle are attachable and detachable from the same portion of the cooking vessel and both handles include a safety release to prevent inadvertent release of the handle.

- 38. The cooking vessel of claim 37, wherein the safety release includes a release devices that cooperates with an interior handle lock.
- 39. The cooking vessel of claim 38, further including an additional interior handle lock that cooperates with grip device on the handle that moves between an engaged and disengaged position.